FRONT Width = 130 mm

Package Leaflet: Information for the User Lemsip Max All in One Wild Berry & Hot Orange Powder for oral solution (paracetamol, guaifenesin, phenylephrine hydrochloride) Please read this leaflet carefully before you take this medicine. If you are not sure of anything ask your pharmacist or doctor. 1. What is this medicine and what is it used for? Lemsip Max All in One Wild Berry & Hot Orange Powder for Oral Solution contains a combination of ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion and lowering of temperature, and chesty coughs. Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a headache, and can also reduce a fever (antipyretic). Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough. Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing the pressure which may cause a headache. 2. What you need to know before you take this medicine As with all medicines Lemsip Max All in One Wild Berry & Hot Orange Powder for Oral Solution may not be suitable for some people. Do not take this medicine if: • You are allergic to any ingredient (see section 6 for further information) You have a serious heart condition You have high blood pressure (hypertension) or an overactive thyroid
 You are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), usually used to treat depression. You are taking other sympathomimetic decongestants Warnings and precautions Talk to your doctor or pharmacist before taking this medicine if: • You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus • You have a problem with your liver or kidneys • You have non-cirrhotic liver disease (liver disease that is not associated with changes in the structure of the liver) · You have closed angle glaucoma or prostatic enlargement • You are suffering from porphyria (a rare blood disease). Other medicines and Lemsip Max All in One Wild Berry & Hot Orange Powder for oral solution Do not take with other paracetamol-containing products • This medicine may interfere with the results of some urine tests. If you are having any urine tests, tell the doctor or hospital staff that you are taking this medicine. Talk to your doctor or pharmacist if you are: • Taking beta-blockers for high blood pressure, or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome)

Taking tricyclic anti-depressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy) Taking other medicines. Some drugs may affect the way in which paracetamol works, including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone).

The effect of blood this increase of the control o The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol. Some drugs may affect the way in which phenylephrine works (digoxin and cardiac glycosides). • Taking flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (high anion gap metabolic acidosis) that must have urgent treatment and which may occur particularly in case of severe renal impairment, sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), malnutrition, chronic alcoholism, and if the maximum daily doses of paracetamol are used. Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Lemsip Max All in One Wild Berry & Hot Orange Powder for oral solution with alcohol Do not take with large quantities of alcohol.

Pregnancy and breast-feeding This product should not be used in women with a history of pre-eclampsia.

Ask your doctor or pharmacist for advice before taking this product if you are pregnant or breast-feeding.

BACK *Width* = 130 mm

This medicine contains:

- Aspartame (61.5mg per dose), a source of phenylalanine. It may be harmful if you have phenylketonuria
- (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly
- Sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- Sodium (129.0mg per dose), main component of cooking/table salt. This is equivalent to 6.5% of the recommended maximum daily dietary intake of sodium for an adult.

3. How to take this medicine

- To be made into a hot drink. Dissolve one sachet in a mug of hot but not boiling water.
- Stir until dissolved. If preferred sweeten to taste with sugar, honey or your usual sweetener.
- It is important to drink plenty of fluids when suffering from colds and flu.
- Adults and children 16 years and over: One sachet every 4-6 hours as required. Do not take more than 4 sachets in 24 hours.

Do not give to children under 16 years of age.

- If the symptoms of your cold or flu persist for more than three days, or worsen, consult your pharmacist.
- Talk to a doctor at once if you take too much of this medicine, even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage. You may experience symptoms of dizziness, palpitations (irregular or forceful heartbeat), stomach pain, high blood pressure with headache, unhealthy pale appearance (pallor), feeling sick (nausea) or vomiting if you take too much of this medicine.

4. Possible side-effects

- Allergic reactions (such as skin rashes)
- Very rare cases of serious skin reactions have been reported
 Blood disorders, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), pancytopenia (reduction in white and red blood cells), agranulocytosis, leucopenia or
- neutropenia (reduction in white blood cells which makes infections more likely) Nausea and Vomiting
- Abdominal discomfort
- Difficulty in passing urine (especially in males)
 Reporting of side effects

- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at:
- www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this Medicine.
- 5. How to store this medicine
- Keep all medicines out of the sight and reach of children.
- Do not use after the end of the month of the expiry date (EXP month/year) shown on the pack.
- Do not store above 25°C (77°F). Store in the original package. Do not throw away any medicines via wastewater or household
- waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What this medicine contains:

- The active substances per sachet are: paracetamol 1000mg, guarfenesin 200mg and phenylephrine
- The other ingredients are: ascorbic acid (Vitamin C), citric acid, sucrose, aspartame, sodium citrate,
- saccharin sodium, enocyanin, Wild berry and hot orange flavour and caster sugar.

Contents of the pack:

- This product is available in cartons of 1, 2, 3, 4, 5, 6, 7, 8, 9 and 10 sachets. Not all the pack sizes may be marketed.
- Alternative format patient information for the visually impaired is available on request from the Marketing Authorisation Holder/Manufacturer.

- Marketing Authorisation Holder/Manufacturer:
 - Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS, UK. (PL 00063/0536)
 - Manufacturer: RB NL Brands B.V. WTC Schiphol Airport, Schiphol Boulevard 207, 1118 BH Schiphol, Netherlands

Leaflet last revised May 2022

Lemsip and the Lemsip logo are trade marks of the RB group of companies 3240614

CUSTOMER INFO

Minimum Point Size =9.00pt